



# 2023 Wasatch Community Self-Reliance and Emergency Preparedness Fair

**JOIN US — IT'S FREE AND OPEN  
TO THE PUBLIC.**



**Saturday, March 25 | 9 a.m. – 1 p.m.**



**Wasatch High School**  
930 South 500 East | Heber City, UT



**FEATURED:** Classes and booths around self-reliance, gardening, first aid, emergency preparedness and much more. Classes will begin at top of the hour and booths will be available between 9 a.m. and 1 p.m.

## SELF-RELIANCE

- Alternative energy
- Beekeeping
- Community Emergency Response
- Communication — Ham radio
- Food storage
- Freeze drying
- Gardening in this climate
- Greenhouse — building & growing
- Herbs & oils
- Self reliance class overview
- Soaps & lotions
- Raising animals
- Water storage and purification

## EDUCATION AND EMERGENCY PREPAREDNESS INFORMATION

- Be Ready Utah
- Crime prevention
- Cybersecurity
- Emergency preparedness communication (Everbridge)
- Family disaster planning
- Fire safety
- First aid | Stop the Bleed
- Gun safety and gun locks
- Know your home — How to shut off valve, water, propane, water, gas
- LifeFlight
- Hidden in plain sight
- Medical Reserve Corp
- Medication management - meet with a pharmacist to learn how to manage your medications in the event of a disaster
- Mental health first aid for youth and adults — QPR
- Naloxone kits
- Suicide prevention
- Water safety
- Wildfire simulation